

How to Find the Facts

TORTILLA CHIPS

Nutrition Facts

Serving Size 1oz
(28g/about 6 chips)
Servings Per Container 9

Amount Per Serving		Calories from Fat 50	
		% Daily Value*	
Total Fat	6g	9%	
Saturated Fat	1g	5%	
Cholesterol	0mg	0%	
Sodium	80mg	3%	
Total Carbohydrate	19g	6%	
Dietary Fiber	1g	4%	
Sugars	0g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

BAKED TORTILLA CHIPS

Nutrition Facts

Serving Size 1oz
(28g/about 13 chips)
Servings Per Container 8

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Total Fat	1g	2%	
Saturated Fat	0g	1%	
Cholesterol	0mg	0%	
Sodium	140mg	6%	
Total Carbohydrate	24g	8%	
Dietary Fiber	2g	8%	
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serv. Size 2 tbsp (33g)
Servings about 10
Calories 15
Fat Cal. 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 0g	0%	Total Carb. 3g	1%
Sat. Fat 0g	0%	Fiber 1g	4%
Cholest. 0mg	0%	Sugars 1g	
Sodium 230mg	10%	Protein less than 1g	
Vitamin A 8% • Vitamin C 6% • Calcium 0% • Iron 0%			

SALSA,
A FAT-FREE
FOOD

Nutrition Facts

Serv. Size 2 tbsp (33g)
Servings about 10
Calories 15

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 0g	0%	Total Carb. 3g	1%
Sat. Fat 0g	0%	Fiber 1g	4%
Cholest. 0mg	0%	Sugars 1g	
Sodium 230mg	10%	Protein less than 1g	
Vitamin A 8% • Vitamin C 6% • Calcium 0% • Iron 0%			

Want to see how the nutritional values of two or more foods compare? Look for

the Nutrition Facts on the back or side of most food packages. Notice the differences in the % Daily Values for fat and in calories from fat for these two tortilla chip products. If you're looking to reduce fat, the one on the right would be the better buy. You can eat them with salsa (can at bottom), too, because it's fat-free.